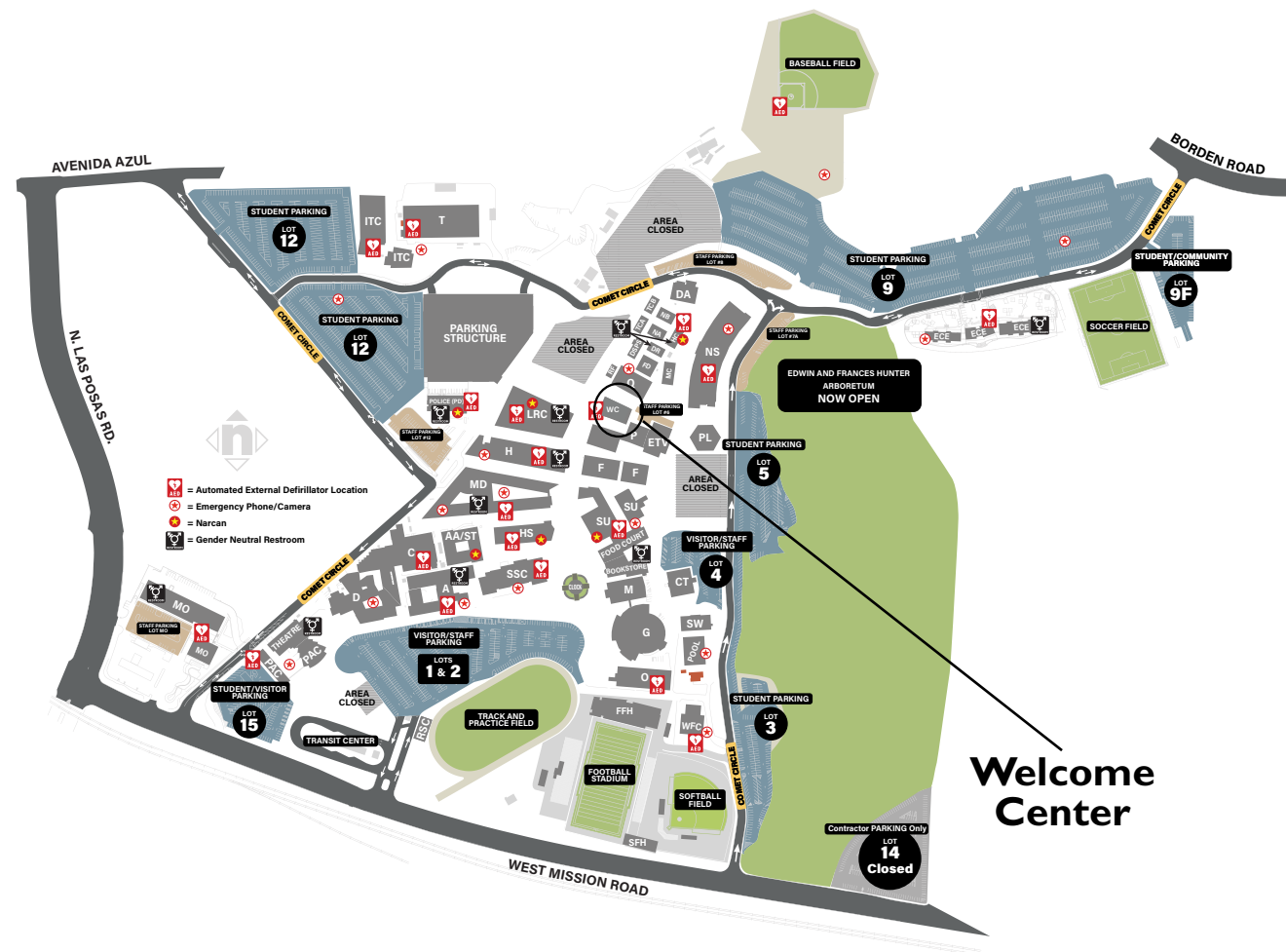


# PALOMAR COLLEGE

1140 West Mission Road, San Marcos, CA 92069-1487



**Welcome Center**

The Welcome Center (WC) would like to thank all our campus and community partners for helping us with these Skillshops!

- Active Minds Club
- Behavioral Health Counseling Services
- Cal Coast Credit Union
- Cariño Dream Village
- Career Center
- Cooperative Education
- Counseling Services Department
- Dreamer Success Program
- EOPS
- Financial Aid Office
- Higher Education Legal Services
- Hispanic Wealth Project
- League of Women Voters of North County
- Palomar College Library
- Palomar Promise Program
- Professional Learning
- Psychology Club/Psi Beta
- Puente Program
- Reading & Writing Center
- Student Health Center/ Health Promotions Team
- San Diego Financial Literacy Center (SDFLC)
- STAR Tutoring
- Student Life and Leadership
- Student Wellness & Advocacy Group (SWAG)
- Teaching & Learning Center, Escondido
- Teaching & Learning Center, Rancho Bernardo
- Transfer Center

Can't attend an on-line workshop?

Visit Student Lingo to get 24/7 access to interactive student success workshops on a variety of topics. [www.studentlingo.com/palomar](http://www.studentlingo.com/palomar)

Palomar College is committed to providing a working and learning environment that is free from discrimination and harassment.

SPRING 2026

# Skillshops

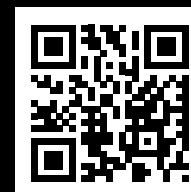
For Student Success



Skillshops are free workshops offered by various campus departments and community partners. These workshops are designed and presented with the purpose of helping students succeed, whether it be in the classroom, at home, or in the real world, and cover a wide range of topics. Skillshops are free and open to all Palomar College students.

## 5 REASONS WHY YOU SHOULD ATTEND A SKILLSHOP

- 1) They are Free!
- 2) You may attend as many as you want.
- 3) They are jam-packed with information and skills you need to know.
- 4) They are short and are offered at convenient times and modalities.
- 5) They are taught by instructors, counselors, peers and experts.



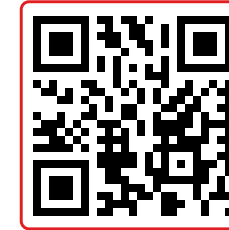
### MORE INFORMATION:

Welcome Center, San Marcos Campus  
760-744-1150, Ext. 3931  
[www.palomar.edu/skillshops](http://www.palomar.edu/skillshops)



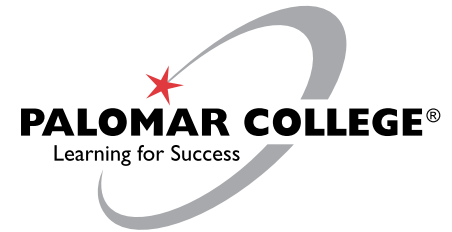
# Skillshops

For Student Success



To Register for a Skillshop or to View Workshop Descriptions, visit [www.palomar.edu/skillshops](http://www.palomar.edu/skillshops) or Scan QR Code.

Skillshop offerings and dates subject to change. Visit our website for up-to-date Skillshop information.



DAY	DATE	TIME	TOPIC	MODALITY	LOCATION
<b>ACADEMIC SUCCESS</b>					
Tuesday	02/10/26	1:00 p.m. - 2:00 p.m.	Study Skills	HyFlex	LRC-308/ Zoom
Tuesday	02/17/26	11:00 a.m. - 12:00 p.m.	Overcoming Math Anxiety	HyFlex	Welcome Center/ Zoom
Tuesday	02/17/26	1:00 p.m. - 2:00 p.m.	AI Literacy: What Helps, What Hurts, What's Allowed	Virtual	Zoom
Wednesday	02/18/26	11:00 a.m. - 12:00 p.m.	Time Management	HyFlex	LRC-308/ Zoom
Friday	02/20/26	3:00 p.m. - 4:00 p.m.	Applying for Graduation	Virtual	Zoom
Tuesday	02/24/26	3:00 p.m. - 4:00 p.m.	Applying for Graduation	Virtual	Zoom
Thursday	02/26/26	11:00 a.m. - 12:00 p.m.	The Basics of MLA	HyFlex	LRC-208/ Zoom
Thursday	02/26/26	2:00 p.m. - 3:00 p.m.	Applying for Graduation	In-Person	Welcome Center
Thursday	02/26/26	3:00 p.m. - 4:00 p.m.	Riding the Wave of Agentic AI as a College Student	Virtual	Zoom
Tuesday	03/03/26	1:00 p.m. - 2:00 p.m.	Ins and Outs of MLA	HyFlex	Rancho Bernardo Education Center SEC-416/ Zoom
Monday	03/09/26	11:30 a.m. - 12:00 p.m.	Introduction to Library Services	HyFlex	Welcome Center/Zoom
Tuesday	03/10/26	1:00 p.m. - 2:00 p.m.	Scholarships	HyFlex	LRC-308/Zoom
Wednesday	03/11/26	2:00 p.m. - 3:00 p.m.	You're Stronger than Artificial Intelligence	Virtual	Zoom
Thursday	03/12/26	12:00 p.m. - 1:00 p.m.	How to Craft an Effective Body Paragraph	HyFlex	Escondido Education Center ESC-202/Zoom
Wednesday	03/18/26	2:00 p.m. - 3:00 p.m.	Grammar Essentials: Fixing Comma Splices, Run-ons and more...	HyFlex	Rancho Bernardo Education Center SEC-416/ Zoom
Tuesday	04/07/26	10:00 a.m. - 11:00 a.m.	The Basics of MLA	HyFlex	LRC-208/Zoom
Monday	04/13/26	11:30 a.m. - 12:00 p.m.	Citations and Avoiding Plagiarism	HyFlex	Welcome Center/Zoom
Thursday	04/16/26	1:00 p.m. - 2:00 p.m.	Preparing for Final Exams	HyFlex	Welcome Center/Zoom
Tuesday	04/21/26	12:00 p.m. - 1:00 p.m.	Preparing for Finals in Math and Science	HyFlex	Welcome Center Zoom
<b>CAREER PLANNING AND EXPLORATION</b>					
Tuesday	02/24/26	12:00 p.m. - 1:00 p.m.	Resume Writing	HyFlex	Welcome Center/Zoom
Tuesday	03/03/26	11:00 a.m. - 12:00 p.m.	Cooperative Education: Advance Your Career and Education Goals through Work Experience	Virtual	Zoom
Thursday	03/05/26	12:00 p.m. - 1:00 p.m.	LinkedIn & Networking	HyFlex	Welcome Center/ Zoom
Wednesday	03/11/26	11:00 a.m. - 12:00 p.m.	Explore Your Interests and Research Majors	Virtual	Zoom
Thursday	03/12/26	11:00 a.m. - 12:00 p.m.	Declaring Your Major and What It Means	In-Person	Career Center MC-1
Tuesday	03/17/26	12:00 p.m. - 1:00 p.m.	Interviewing	HyFlex	Welcome Center/ Zoom
Tuesday	03/31/26	12:00 p.m. - 1:00 p.m.	Cooperative Education: Advance Your Career and Education Goals through Work Experience	In-Person	Career Center MC-1
Thursday	04/02/26	12:00 p.m. - 1:00 p.m.	Resume Writing/Career Fair Prep	In-Person	Career Center MC-1
Tuesday	04/07/26	12:00 p.m. - 1:00 p.m.	Resume Writing/Career Fair Prep	HyFlex	Welcome Center/Zoom
Tuesday	04/14/26	12:00 p.m. - 1:00 p.m.	Career Fair Prep/Resumania	In-Person	Career Center MC-1
Tuesday	04/21/26	2:00 p.m. - 3:00 p.m.	Explore Your Interests and Research Majors	In-Person	Career Center MC-1
Wednesday	04/22/26	11:00 a.m. - 12:00 p.m.	Declaring Your Major and What It Means	Virtual	Zoom
Thursday	04/23/26	11:00 a.m. - 12:00 p.m.	Navigating Your Service Learning Class	Virtual	Zoom
Tuesday	04/28/26	12:00 p.m. - 1:00 p.m.	Interviewing/LinkedIn & Networking	HyFlex	Welcome Center/Zoom
<b>FINANCIAL LITERACY</b>					
Tuesday	02/05/26	12:30 p.m. - 1:30 p.m.	Establishing Strong Credit Scores for the Things That Matter (Cal Coast Credit Union)	HyFlex	Welcome Center/Zoom

DAY	DATE	TIME	TOPIC	MODALITY	LOCATION
<b>ARTIFICIAL INTELLIGENCE (AI) LITERACY</b>					
Tuesday	02/17/26	1:00 p.m. - 2:00 p.m.	AI Literacy: What Helps, What Hurts, What's Allowed	Virtual	Zoom
Thursday	02/26/26	3:00 p.m. - 4:00 p.m.	AI Literacy: What Helps, What Hurts, What's Allowed	Virtual	Zoom
Wednesday	03/11/26	2:00 p.m. - 3:00 p.m.	You're stronger than Artificial Intelligence	Virtual	Zoom
<b>HEALTH &amp; WELLNESS</b>					
Thursday	02/26/26	1:00 p.m. - 2:00 p.m.	Staying Healthy: An Overview of Student Health Centers	HyFlex	Welcome Center/Zoom
Monday	03/02/26	12:00 p.m. - 1:00 p.m.	Mindfulness, Meditation & Relaxation (Active Minds)	HyFlex	Welcome Center/ Zoom
Monday	03/09/26	1:00 p.m. - 2:00 p.m.	Healthy Sleep (Active Minds)	HyFlex	Welcome Center/ Zoom
Monday	03/16/26	3:00 p.m. - 4:00 p.m.	Stress Management (Active Minds)	HyFlex	Welcome Center/Zoom
Wednesday	03/18/26	11:00 a.m. - 12:00 p.m.	Narcan Administration Training	HyFlex	Welcome Center/Zoom
Tuesday	04/07/26	3:00 p.m. - 4:00 p.m.	Managing Your Mood: Coping Through Anxiety	HyFlex	Welcome Center/ Zoom
Wednesday	04/08/26	1:00 p.m. - 2:00 p.m.	Understanding Depression and Suicide (Active Minds)	HyFlex	Welcome Center/Zoom
Monday	04/27/26	3:00 p.m. - 4:00 p.m.	Healthy Relationships (Active Minds)	HyFlex	Welcome Center/Zoom
Thursday	04/30/26	10:00 a.m. - 11:00 a.m.	Managing Your Mood: Self Care and Burnout	HyFlex	Welcome Center/ Zoom
Monday	05/04/26	1:00 p.m. - 2:00 p.m.	Mindfulness Through Vision Boards (Active Minds)	In-Person	Welcome Center
Wednesday	05/06/26	11:00 a.m. - 12:00 p.m.	Narcan Administration Training	HyFlex	Welcome Center/Zoom
Thursday	05/07/26	10:00 a.m. - 11:00 a.m.	Managing Your Mood: De-Stress Strategies	HyFlex	Welcome Center/ Zoom
<b>PERSONAL GROWTH AND DEVELOPMENT</b>					
Monday	03/09/26	3:00 p.m. - 4:00 p.m.	Love Yourself	In-Person	Welcome Center
Monday	03/16/26	10:00 a.m. - 11:00 a.m.	Navigating College as First-Generation Student: Doing What Sets Your Soul on Fire	In-Person	Welcome Center
Tuesday	03/17/26	1:00 p.m. - 2:00 p.m.	Wisdom, Community & Conchas: Affirmations for Students	In-Person	Welcome Center
Thursday	04/09/26	1:00 p.m. - 2:00 p.m.	Balancing Family, Culture, and Self: Understanding Boundaries Across Cultural Spaces	In-Person	Welcome Center
<b>STUDENT SUPPORT PROGRAMS AND SERVICES</b>					
Tuesday	02/17/26	3:00 p.m. - 4:00 p.m.	Overview of EOPS (Extended Opportunities Programs & Services)	HyFlex	Welcome Center/Zoom
<b>STUDENT LIFE AND LEADERSHIP</b>					
Thursday	04/09/26	10:00 a.m. - 11:00 a.m.	Your Voice: Your Vote - Why Your Vote Matters	In-Person	Welcome Center
<b>TRANSFER SUCCESS</b>					
Wednesday	02/18/26	2:00 p.m. - 3:00 p.m.	Transfer Center Overview	HyFlex	Welcome Center/Zoom
Thursday	03/05/26	10:00 a.m. - 11:00 a.m.	The Nuts & Bolts: Creating a Transfer Foundation	HyFlex	Welcome Center/Zoom
Thursday	03/12/26	3:00 p.m. - 4:00 p.m.	Transfer Strategies & Planning	HyFlex	Welcome Center/Zoom
Tuesday	03/17/26	3:00 p.m. - 4:00 p.m.	Transfer Center Overview	Virtual	Zoom
Tuesday	04/14/26	3:00 p.m. - 4:00 p.m.	Transfer Center Overview	HyFlex	Welcome Center/Zoom
Thursday	04/23/26	3:00 p.m. - 4:00 p.m.	The Nuts & Bolts: Creating a Transfer Foundation	HyFlex	Welcome Center/Zoom
Tuesday	05/05/26	11:00 a.m. - 12:00 p.m.	Transfer Strategies & Planning	HyFlex	Welcome Center/Zoom
Wednesday	05/06/26	3:00 p.m. - 4:00 p.m.	Transfer Center Overview	HyFlex	Welcome Center/Zoom

**PALOMAR MAKES IT POSSIBLE.**